

Dec 1925

General Conference of S. O. H.  
MEDICAL DEPARTMENT  
TAKOMA PARK, D. C.

# The ORIENTAL **Watchman** and Herald of Health



Photo G. F. Enoch

Jamrud Fort, N. W. Frontier. Khyber Pass in the Distance

*Spiritualism Unveiled*  
*The Security Pact—And After*  
*Food Requirements of the Body*



## Around the World

BRITAIN'S biggest lighthouse is at St. Catherine's Point, Isle of Wight. It has a light equal to 15,000,000 candle-power.

Even the Sahara Desert has postage stamps. Very recently Spanish Western Sahara issued its first set. The design on these stamps is a camel starting across the sand.

The British government continues to struggle with the problem of unemployment. The number of idle men has reached the startling total of a million and a half, added to each year by the ever-increasing population.

Molasses is being used as a fertilizer for sugar-cane fields on the island of Mauritius, in the Indian Ocean. It is said that the land treated with molasses yielded about nine tons more per acre than before.

Mischa Elman, noted violinist, recently bought a Stradivarius violin at Paris for Rs. 1,50,000. It belonged to the old collection of Mme. Recamier, and is the finest violin in the United States, where he is at the present time.

At Jonkoping recently, the Swedish swimmer, Arne Borg, created a new world record for the thousand metres free swimming, by covering the distance in 13 min. 17.3 sec., against the Australian "Boy" Charlton's record of 13 min. 19.6 sec., set up at the Olympic Games in Paris in 1924.

What was called the biggest real estate deal in the history of England was the recent sale by Lord Derby of his ancestral estate consisting of 5,000 acres, with 500 homes and 2,000 leaseholds on mills, factories, and collieries. The sale included the entire town of Bury of 58,000 inhabitants, held by the Derby family since 1485. He is said to have received more than £ 1,000,000. The burden of taxes made the sale necessary.

The Soviet government in Russia now has forty-three radio broadcasting stations and 282 receiving stations. The station near Moscow has a radius of 1,800 miles. The city of Moscow alone has 350 radio clubs, with 15,000 members. Millions of peasants whose entire interests were formerly confined to the happenings of a few square miles, now throng to the village reading-rooms and listen to loud-speakers giving the news of the world.

President von Hindenburg has signed the revaluation bill, by which all the German war loans and pre-war bonds are to be exchanged for new bonds worth only five per cent of the face value of the old loans. By this means a debt of some £ 3,500,000,000 is converted into one of less than £ 250,000,000. That definitely puts the cost of the war, so far as Germany is concerned, on the people who invested in government bonds before and during the war. It is reported that almost all of Hindenburg's own fortune and that of his family has been wiped out in this way.

Dr. A. J. Pacini, of Chicago, Illinois, claims that more than 60,000 cases of hay fever, bronchial asthma, rickets, fractures, wounds, and industrial injuries have been cured by American physicians during the last two years with new instruments that furnish artificial light and heat many times more intense than sunlight. One of the new instruments, the ultra-violet lamp, he asserts, accomplishes more in fifteen seconds than sunlight will do in two days.

Dr. William Gye, the English physician and investigator whose part in the recently reported discovery of a cancer virus we have recorded, is the son of poor, working-class parents, and he has won his way upward by tireless work and extraordinary persistence. He was, as a youth, a railway porter, and saved enough from his trifling wages to get the education he needed to become a school-teacher. From his earnings in that profession he saved the money for a medical education. He served in the medical corps during the war, and is now on the staff of the Medical Research Council.

The Germans have just celebrated "Arminius Day," a holiday decreed in honour of the earliest historical hero of their race, who led the German tribes when they annihilated the legions of Rome in the Teutoburg Forest, nine years after the birth of Christ. One hundred twenty thousand young men took part in a great relay run. They started from every corner of the Republic, converging as they came on Detmold, where a great memorial to Arminius stands. Each relay carried a scroll on which a patriotic message was written, and all these scrolls were laid at the foot of the Arminius statue.

The sum of more than 10,000,000 francs, donated by John D. Rockefeller, Jr., for the restoration of the palace of Versailles, will be utilized in the destruction of microscopic mushroom, which is ravaging the woodwork of the beautiful halls and state chambers. Government scientists have discovered a way to kill the fungus growth, which attaches itself to the ancient timbers and causes them to crumble into moldy powder. The process of exterminating it, however, is both tedious and expensive. William Welles Bosworth, of New York, Mr. Rockefeller's adviser on architectural problems, is supervising the work.

When the "Malolo"—the largest and fastest high-powered steamship ever built in the United States—sets forth on her first run between San Francisco and Honolulu in the spring of 1927, she will be better equipped with Bibles and hymn books than any vessel ever built in America. There will be a Bible in each of the 274 state-rooms, and the remainder of the 300 Bibles which the ship will carry will be placed in the public rooms and in the quarters of the officers and crew. There will be 400 hymnals, so that no one will lack an opportunity to join in the religious services on board. The "Malolo" is now being constructed for the Matson Navigation Company, at Cramps' Shipyard, on the Delaware River. She will make the round trip between San Francisco and Honolulu in eight days, cutting four days from the time made by the swiftest passenger steamers now on the run.

# The Oriental Watchman

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## Topics of the Day

### The Conquest of the Khyber

It was our privilege to be present at the opening of the Khyber Railway. No one with a knowledge of history could remain unmoved as the Viceroy's special train, representing all the comforts of modern civilization, made its way slowly through this historic gateway of India through which countless multitudes have come from Central Asia, the cradle of the race, since the dawn of history. The highest point of this pass is but 3500 ft. above sea level: it is

never snow bound, and offers no difficult physical barriers. The railway is but 26½ miles long, 21 of which reach to Landi Kotal at the top of the pass. There are 34 tunnels in this short distance and the railway cost 250 lakhs of rupees. There is one large viaduct, but the engineering difficulties were not apparent. The slipping shale of the formation of these hills offers a poor found-

ation for such a project, but no doubt the human problem that had to be solved was as expensive as the physical one. The tribal territory is a sort of "no man's land" occupied by turbulent Afridis and Shinwaris. The contracts for the construction work were given to the Maliks of these tribes who handled all the money. Whatever the explanation of the excessive cost, two bands of steel now bind the Khyber in a grip that never will be loosened. The stream of silver that has flowed steadily into the pass for five years has also conquered the spirit of the wild tribes. The Rail-

way at present seems to hang in the air at its Afghan end, still who can look into the future and predict its influence on the life of Central Asia, as it pushes on towards the heart of these remote and isolated countries?

### Where Students Are Paid to Go to School

Detroit automobile manufacturers have started something new by paying boys to go to school. They take the boys at twelve years of age and give them the ordinary school education with the addition of special training in making automobile parts which pass the most rigid inspection. By the time they are eighteen years old they are ready to take a responsible position in the motor factory. The boys are paid nineteen cents per hour, about ten annas, for a forty-eight hour week, or about thirty rupees per week, besides special allowances for vacation time and a special saving fund. Surely a good

example that might be followed in other lines.

### Has the Cancer Germ Been Discovered?

During the summer the London *Lancet* was responsible for the announcement that the cancer germ had been discovered. Dr. W. E. Gye of London and Mr. J. E. Barnard claimed to have isolated the cancer germ with a new type of ultra-microscope. Mr. Barnard is a hatter, who for many years has made microscopies his hobby. His achievements have won a membership in the Royal Society, and gave him charge of the microscope work of an army



Photo. G. F. Enoch

### Opening of the Khyber Railway

*The Viceroy's Special passing out through the gates opened just a moment before by Sir Charles Innes in the name of the Viceroy. Two engines were required on each end, to pull the train up the heavy gradient to Landi Kotal. The goods wagon in the center is a sample of the new large pattern, which required specially large tunnels, 34 in number in the 26½ miles of the Khyber Railway. To the right one of the "guest specials" which brought visitors from down country.*



Photo G. F. Enoch

### Fortified Railway Station Landi Kotal

The Viceroy's Special arriving at Landi Kotal at the head of the Khyber Pass in connection with the opening ceremony of the Khyber Railway in November. The serrated edge of the sky line is composed of thousands of Afridis, watching the tamasha from a safe distance.

corps during the war. The ordinary microscope is confined to "wave-lengths" of light. This ultra-microscope goes further and by throwing an intense beam of light at right angles to the microscope through a film of liquid containing the microbe causes a deflection apparent to the observer.

Many prominent physicians are very sceptical concerning this supposed discovery. All the evidence until now seems to indicate that the production of cancer does not require a specific germ. These spheroidal forms discovered by Gye and Barnard have not yet been separated from the rest of the substance. Mr. Barnard himself says, "The bodies are found in profusion in various types of fluids containing organic matter."

### The Printer's Devil

We offer our apologies to those of our readers who noticed the humorous incongruity of the mixture of Lord Grey's weighty comments about European conditions with some notes about Kemal Pasha's divorce of Latife in our November issue. That page was "made up" in the absence of the editor and the juggling was done by that scapegoat of the print-shop—the printer's devil.

### Serbia's War Guilt

There have been some remarkable revelations recently which seem to indicate that all the "war guilt" was not on the side of Austria in July 1914, and that Serbia was not the innocent victim she pretended to be. Mr. Ljuba Jovanovitch who was Minister of Education in the Pashitch Cabinet of Serbia in 1914, has recently published some Memoirs in which two damaging admissions are made. The first is that at the end of May or beginning of June 1914, it was known to him and to Mr. Pashitch, the Prime Minister, that certain persons were making ready to go to Sarajevo to murder Franz Ferdinand. Second, in describing

his receipt of the telephone news of the murder on that fateful day, he admits that he already knew beforehand what was being prepared in Sarajevo. It is also said that Colonel Dragutin Dimitrijevitich, a member of the Serbian General Staff, was one of the chief organizers of the plot to murder the Austrian Crown Prince. While it is agreed that the real cause of the assassination which precipitated the war, lay back in the policy of oppression at home and aggression abroad as manifested by Austria in the annexation of Bosnia and Herzegovina and similar acts, which antagonized the Yugoslav race, for which the Serbian government cannot be held responsible, still the Serbian Cabinet seem to have been cognizant of the preparations and made no efforts to prevent them.

### Can the Pacific Be Kept Pacific

The representatives of nine nations bordering on the Pacific recently met in a conference at Honolulu called the Institute of Pacific Relations. But little attention has been given to this Conference in the press. It is no doubt one of the most important gatherings of the year. There were 111 delegates representing Australia, Canada, China, Japan, Korea, Phillipines, New Zealand, the United States and Hawaii. It was a sort of round table conference and publicity was taboo. The delegates were thus able to speak with frankness, and good results are expected.

Each national group had its particular subjects which were inseparably connected with their vital existence. With the Japanese it was race equality and immigration; with the Chinese the speedy readjustment of violations of Chinese sovereignty, with the Koreans the right of national self-determination, and with the Phillipinos, independence.

The American delegation held that immigration was a domestic problem to be settled by each country itself alone. The Japanese delegates put it up to America that she was really the final arbiter of human destiny in so far as the Pacific was concerned. In regard to immigration Japan said, "Of course you can shut your door as tight as you please—only if you bang it with too much vigour, you are in danger of disturbing the serenity of your slow-going neighbours. The East is waking up, and the day will come when the united sentiments of nine hundred millions of its inhabitants will claim a voice in the council of nations."

The Institute of Pacific Relations completed an organization of a permanent nature, which will foster good relations between the East and the West, and will carry on active propaganda for better understanding between the nations bordering on the Pacific. The next meeting will be in 1927.

# THE SECURITY PACT—And After

## Filling in "The Gaping Bog of Europe"

By A. S. Maxwell, Editor "Present Truth," London

THE Pact of Locarno is doubtless the greatest step towards European peace that has yet been taken. The Prime Minister hails it as "the filling in of one end of a great morass, that gaping bog of Europe."

Others, particularly the Foreign Secretary, are equally jubilant over the results of the Locarno conference, feeling that it has at least postponed another war by several decades. The Pact has begotten a new confidence in the hearts of many people, reflected very prosaically but none the less really by the rise of certain Government securities on the Stock Exchange.

### Other Voices

However, everybody is not so optimistic over the matter as Mr. Baldwin and Mr. Austen Chamberlain appear to be. The "Daily Express," for instance, fears that the Pact has been purchased at too great a price—that some failure in its operation will once again embroil this country in European conflict. Says the editor, referring to Mr. Baldwin's striking metaphor: "Europe is in truth a 'gaping bog'—to that the whole of history bears witness—and what we are asked to do is not to reclaim it, but to traverse it. . . . How many hundreds of thousands of Englishmen have perished in this fell passage in the lapse of centuries it is beyond the computation of man to reckon. But the sacrifice that almost every generation of our race has made differs from the sacrifice we now offer. Hitherto we have been the sole arbiters of our fate. From now on, if the proposals of the present Government are to be fulfilled, we are to forfeit the power of decision. 'An act of aggression' perpetrated by France against Germany brings us automatically and by plighted word to the assistance of Germany. . . . From the moment that on the Rhine frontier a pistol shot rings out or a sabre is flashed from its scabbard we may find ourselves at war. . . . This is a serious business for England.'"—Oct. 14, 1925.

Evidently the editor of the "Express" is not very sanguine about this new "settlement" of the peace problem. Many others share his opinions. We quote the following from the "Evening Standard":

"It is evident that there will be no Pact in the sense of a general pacification. Indeed it is already clear that there cannot be such a Pact in the present stage of European politics. . . . The Conference has done no harm; it seems even to have done some little good, by bringing statesmen into personal instead of purely official contact. . . . These things make for peace, if men desire peace, but just as certainly they make for war, if men desire war. The best guarantee of peace for the next ten years is not any possible Pact, but the fact that men are tired of fighting, but that is obviously a diminishing asset year by year, and a new generation may grow up on the Continent which is as tired of peace as the present generation is of war. This happened in 1870, and again in 1914. There is no particular reason in human nature why similar causes should not produce similar effects in 1950 or thereabouts."—Oct. 14, 1925.

It will be observed from the foregoing quotations that there are persons on both sides of the question. There are the optimists who believe that Locarno has banished war for ever, and is another herald of the establishment of the kingdom of God on earth, and

there are others who fear that the Pact has but added to the entanglements of an already complex and difficult situation.

Who is right? What may we expect in the future? Is Europe headed for peace or chaos?

In attempting to answer such questions as these three factors present themselves:

1. *The blood-stained hands at the Conference.* Paradoxical as it must have appeared to every observer of the times, the opening of the proceedings at Locarno synchronized with the launching of a new offensive by France and Spain against the tribes of Morocco. While the very Pact itself was in preparation, all the devilish devices of modern warfare were being employed to subjugate these unfortunate people. We hold no brief for Abd-el-Krim, nor would we countenance the atrocities said to have been perpetrated by his tribesmen; but we would emphasize here that it augurs ill for the continuance of peace in Europe that a miniature war should have been permitted to continue during one of the most momentous peace conferences of history.

It should not be overlooked also that yet another delegation came with blood-stained hands. Scanty as the news is that is allowed to leak out of Italy concerning the activities of the Fascisti, it is sufficient to reveal a most lamentable state of affairs. Even during the Locarno conference the news of the atrocities perpetrated in Florence against members of Masonic orders was published and made the world shudder. And this was but the worst of a series of murders of the supposed enemies of Fascism.

How can permanent peace be built with blood-stained hands?

2. *The construction of armaments.* Everyone knows that behind the scenes the race for armaments is still as keen and intense as it ever was before the war. True, the Washington Conference put certain restrictions upon battleships and cruisers, but no limit was placed upon submarines, aircraft, and the implements of chemical warfare. In effect, therefore, it amounted to the prohibition of obsolescent forms of armaments while (Continued on page 16)



Topical Press

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Ships of this pattern will follow the fleet and serve as mother ships for aeroplanes which can land and take off from the special deck.



## Spiritualism Unveiled

“**T**HOU shalt not suffer a witch to live.”  
 “A man also or a woman, that hath a familiar spirit or is a wizard, shall surely be put to death.” “Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them. I am the Lord your God.” Ex. 22 : 18; Lev. 20 : 27; 19 : 31.

This is the uncompromising position of the Bible in this matter of communication with those mysterious spiritual forces of the unseen world who profess to be the spirits of the dead. The Bible throughout is unalterably opposed to all such communications, and places under the most sweeping condemnation all who have anything whatever to do with them. There must be very conclusive reasons for this wholesale proscription of this intercourse with these unseen spiritual forces.

While there is much fraud in connection with these manifestations in modern times, the fact is now too well established that there are such communications for any to doubt. Let us recognize in the beginning of this study the Bible teaching of the possibility of genuine manifestations of various kinds from a spirit world quite separate from ours, and that in this spirit world beyond the borders of human sight there exists a multitude of spirits, some good and some evil. But the Bible does not teach that these spirits are those who once lived in human flesh.

In the first place, there are myriads of good angels—created intelligences who surround the throne of God, ever carrying out His will.

“The Lord hath prepared His throne in the heavens, and His kingdom ruleth over all. Bless the Lord, ye His angels that excel in strength, that do His commandments, hearkening unto the voice of His word. Bless ye the Lord all ye His hosts; ye ministers of His that do His pleasure.” Ps. 103 : 19-21.

In all the Bible we are told of these hosts of God who are sent forth constantly to protect, comfort, warn and encourage the children of God. Of these angels Paul said, “Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation.” Heb. 13 : 2; 1 : 14.

The Bible also teaches that there are hosts of evil angels, who do not have absolute freedom, but who are under certain restraints, not yet allowed to work their evil wills unhindered. The Apostle

in everlasting day.” Jude 6.

The Bible also teaches that there stands at the head of this evil host a great malevolent personality called “Satan, the devil, that old serpent.” Neither this great leader nor the hosts of evil angels were created evil at the beginning of their existence. Originally they were pure and holy, and were numbered among the hosts of good spirits who surround the throne of God. There in their “first estate,” in their “proper habitation,” they basked in the smiles of a holy God, until iniquity was found in them. See Eze. 28 : 12-19; Isa. 14 : 12-17.

This is the picture drawn for us in God's holy Word. It is necessary for us to ponder it well as we study this cult of spiritualism. It will save us from two errors, first, that of denying entirely the existence of such a “spirit world” about us, and, secondly, that of granting as true all that this spirit world claims for itself.

Some have been deceived by the revived interest in Spiritualism in modern times, especially since the Great War, and have thought Modern Spiritualism one more advanced step in the upward march of the race according to the “evolution” theory. But this is a mistake. Spiritualism itself puts forth the claim that it is as old as the hills, and traces its own ancestry back to the same sources as are pointed out in the Word of God. In the Australian *Harbinger of Light*, a spiritualistic Magazine, of May 1918, we read:

“Spiritualism is as old as mankind itself. Its teachings are hoary with antiquity. Thousands of years ago it pervaded the religions of Greece and Rome, of Assyria, Phoenecia, Persia, India, Egypt and China....In every savage race we find the prevailing belief in the survival and return of the spirit to the earth....And to-day it commands the attention of the intellect of the world, and seems destined to cover eventually the earth as the waters cover the sea.”

This claim that Spiritualism is as “old as mankind” is true. The Bible traces the pedigree of Spiritualism back to this same source. We must trace it back through the darkness of Greek and Egyptian heathenism, and through the unenlightened beliefs of savages and their animistic religions to the very “advent of mankind” on this planet of ours. Right back in the Garden of Eden

we find the tap-root from which all the evils of this cult, that we know as Spiritualism, have grown.

But Satan and his evil angels are under restraint. They must find a "medium" through whom they can communicate, and even then firm faith in God, and even unbelief in the manifestations, often lay a restraining hand on the "medium" so that nothing can be done. The "medium" in the Garden of Eden, was the serpent, that "most subtil" of all the animals that God had made. Eve listened to the communication—and fell. But, it is worthy to note, that the communication at this time did not pretend to come from a "disembodied" spirit, for no one had as yet died. This first communication from the "spirit world" was a flat contradiction of the words of Jehovah. God had said that should that first pair disobey, they would "surely die." Satan through that first "medium" said, "Ye shall not surely die." Eve believed Satan, and acting on her belief disobeyed God, thus opening the flood-gates that have deluged the world with floods of evil and corruption as we now see.

The willing ear that Eve, the mother of the race, lent to the seductive sophistry of Satan in Eden, has been duplicated by her children throughout the ages. The sacred record gives here and there glimpses of the corruption that followed. Before the flood it is said that "every imagination of the thoughts of their hearts was only evil continually." Gen. 6:4, 5. The pure and holy God showed how He regarded such things by sweeping the earth with the besom of destruction at the time of the Deluge.

But mankind did not learn the lesson. As time went on men were once again deceived by Satan, and were enticed to establish communications with the world of evil spirits through pretended communication with the spirits of those who had died. The most striking revelation of the corruption that ensued is given in the case of the Canaanites. At the time of the Exodus this corruption had become so great and the condition so hopeless that the Israelites were commanded to extirpate the very nations themselves who indulged in these degradations.

The Psalmist, speaking of the lapse of Israel in the matter of adopting these practices instead of extirpating them, says: "Yea, they sacrificed their sons and daughters unto devils. They joined themselves also unto Baal-peor, and ate the sacrifices of the dead." Ps. 106:37,28. Israel thought they were communicating with the dead, but God says they had intercourse with devils. Some have criticized the drastic orders given Joshua that none of the Canaanites should be left alive. But that land had given itself so



"O the road to Endor is the oldest road,  
And the craziest road of all.  
Straight it runs to the witch's abode,  
As it did in the days of Saul.  
And nothing has changed of the sorrow in store  
For such as go down on the road to Endor."

over to this forbidden intercourse with the spirit world that a confederacy of men with evil spirits had been formed making a channel through which floods of moral depravity could be poured into our race, from the pit of festering corruption in this unseen world of evil spirits. This is the reason for the following command of Moses:

"When thou art come into the land which the Lord thy God giveth thee, thou shalt not learn to do after the abominations of those nations. There shall not be found among you any one that maketh his son or his daughter to pass through fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard or a necromancer. For all that do these things are an abomination to the Lord; and because of these abominations the Lord thy God doth drive them out from before thee. Thou shalt be perfect with the Lord thy God." Deut. 18:9-13.

Israel did not obey this command. How sad their subsequent history in consequence! The pretended communication with the dead was not blotted out, and all through the centuries that followed we find Satan and his hosts again and again getting a grip on the very heart of Israel until, in the end, they rejected and crucified the Lord of glory and perished from the earth as a nation.

Webster defines some of the words used in the warning of Moses as follows: "Necromancy: The art of revealing the future by pretended communication with the spirits of the dead; hence magic in general; conjuration; enchantment." "A Familiar Spirit: A spirit in intimate relation with an individual; especially in former use, an evil spirit more or less under the control of a witch."

That this festering corruption from the world of evil spirits might not infect the human family, God ordered the malignant growth removed, just as the surgeon to-day in mercy uses the knife in removing cancer or such malignant growths.

(To be Continued)



# The *LAST* Warning Message

A Study of Revelation 14:6-17.

**I**N THIS number we conclude the prophetic studies from the books of Daniel and Revelation with the consideration of the last warning message which the Bible tells us will be sent to a perishing world. In our last issue under the title "The Sweet-Bitter Book" we learned of the great advent movement in the first part of the nineteenth century. Through inspiration from heaven devout men and women in every land were led to study the prophecies of the Bible. The result was the preaching of the second advent of Christ with such power that the whole world was shaken.

That prophecy (Rev. 10) closed with the statement that the advent message would "once again" sound around the world and this time the end would surely come. The details of the message that will then be preached are clearly outlined in Rev. 14:6-17. In this first portion of the twentieth century we find that just such a message is being preached in all the world. Surely the finger of God is here.

## A Prophecy of Our Day

Nearly two thousand years ago, on the Isle of Patmos, the Lord showed to His prophet in vision the scenes of the last days. It is remarkable that we find divine order in the arrangement of this book which closes the Bible canon. The Bible ends as it began. The last two chapters of this Book of books, like the first two chapters, picture a pure and happy state without a trace of sin. In the third chapter from the beginning of the Bible we read of the Devil for the first time and the third chapter from its close records his destruction with all his works forever. Just preceding that 20th chapter of Revelation in which sin and evil come to an end, we have a few chapters delineating the "last things." Among these "last things" is the prophecy concerning God's last message of warning to a lost world.

## A Great Threefold Message

Such a message must be world-wide and must reach earth's remotest bounds. So in the prophecy it is represented under the symbol of an angel flying in the midst of heaven. We read:

"And I saw another angel fly in the midst of heaven having the everlasting gospel to preach unto them that dwell on the earth, and to every nation and kindred and and tongue and people, saying with a loud voice, Fear God, and give glory to Him, for the hour of His judgment is

come: and worship Him that made heaven and earth and the sea, and the fountains of waters.

"And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.

"And the third angel followed them, saying, If any man worship the beast or his image or receive his mark in his forehead or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb; and the smoke of their torment ascendeth up forever and ever; and they have no rest day nor night who worship the beast and his image and whosoever receiveth the mark of his name."

As a result of the preaching of these messages there is developed a company of commandment keepers in all the world. "Here is the patience of the saints; here are they that keep the commandments of God and the faith of Jesus."

## The Two Harvests

"And I looked and behold, a white cloud, and upon the cloud one sat like unto the Son of man, having on His head a golden crown, and in His hand a sharp sickle. And another angel came out of the temple, crying with a loud voice to Him that sat on the cloud, Thrust in Thy sickle and reap; for the time is come for Thee to reap; for the harvest of the earth is ripe. And He that sat on the cloud thrust in His sickle on the earth; and the earth was reaped. And another angel came out of the temple which is in heaven, he also having a sharp sickle, and another angel came out from the altar, which had power over fire; and cried with a loud cry to Him that had the sharp sickle, saying, Thrust in Thy sharp sickle, and gather the clusters of the vine of the earth; for her grapes are fully ripe. And the angel thrust in His sickle into the earth; and gathered the vine of the earth, and cast it into the great winepress of the wrath of God. And the winepress was trodden without the city, and blood came out of the winepress, even unto the horse bridles, by the space of a thousand and six hundred furlongs."

We have already learned that our generation is the closing one of earth's history. Our day is the focal point for all the prophecies pointing to the return of the Lord. Since this is so, this prophecy also must now be in process of fulfilment. Just as surely as this is the generation that will see Jesus come again, just so surely this great threefold message is now being proclaimed in the world.

In order that we may recognize it let us note some of its specifications. It must be world-wide in its scope, for the Message is to be preached "unto them that dwell on the earth, and to every nation, kindred, tongue and people." The keynote of the message is, "The hour of God's judgment is come." The Apostle Paul so preached of "judgment to come," that the proud Roman Governor trembled. How much more solemn will be the message that the judgment is come. The same apostle also predicted that "God has appointed a day in which He will judge the world." Acts 17:31, R. V. The prophet Daniel gives us the picture of the setting up of that judgment in heaven. He shows us the Judge upon the throne, the innumerable company of witnesses and the divine Advocate. He says, "The judgment was set and the books were opened." Dan. 7:9-14.

Upon the authority of this word the "preachers" sent of God are now going up and down the length and breadth of the earth with this solemn message. They accompany the statement of fact with the threefold (Continued on page 18)



# Events Of The Day Of The Lord

## The Final Act in the Drama

(Concluded from November)



IN the twentieth chapter of Revelation is delineated the final act in the great drama of the conflict between the forces of good and the forces of evil. The chapter opens with Satan bound in the midst of the chaos for which he had been responsible. Then follows the scene in heaven: "And I saw thrones and they that sat upon them, and judgment was given unto them; and I saw the souls of them that were beheaded for the witness of Jesus: and for the word of God, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Christ a thousand years." Rev. 20: 4.

At the close of this thousand years' reign in heaven the time comes for God's original purpose for this earth to be carried out. The New Jerusalem in heaven, the city "which hath foundations, whose builder and maker is God," towards which the patriarch Abraham looked (Heb.

11: 10, 16), of whom the Psalmist David sang (Ps. 47: 11-14), and concerning which the Apostle Paul spoke (Gal. 4: 26) is now ready to descend to this earth. In this city are all the redeemed who were resurrected and translated at the beginning of the thousand years, and above all is seated the Lamb of God and the throne of God, the glory "and the light of the beautiful city."

"And I John saw the holy city, the New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband." Rev. 21: 2. At the beginning of the millennium Jesus had come for His saints. Now at the close of a thousand years He returns to earth with His saints. The prophet Zechariah spoke of this day: "And His feet shall stand in that day upon the Mount of Olives, which is before Jerusalem in the east and the Mount of Olives shall cleave in the midst thereof toward the east and toward the west, and there shall be a very great valley; and half of the mountain shall remove toward the

north and half of it toward the south. And ye shall flee to the valley of the mountains: for the valley of the mountains shall reach unto Azal: yea, ye shall flee like as ye fled from before the earthquake in the days of Uzziah king of Judah; and the Lord my God shall come, and all the saints with Thee." Zech. 14: 4, 5.

The second resurrection will take place when the city descends from heaven at the close of the millennium, just as the first resurrection took place when Jesus came on a cloud at His second advent, at the beginning of the millennium. His voice had then called from their graves all the righteous. Now

when He comes to the earth yet again at the close of the millennium, His voice calls forth the remainder of the dead, even all the wicked. A mighty host, they come forth and the many who have perished around Jerusalem through the ages, and especially in Armageddon, now raised to life, flee in terror, as the bright and glorious city descends and settles on the spot



Satan and his hosts besiege the New Jerusalem

purified by the touch of the feet of Jesus.

By this Satan is loosed. He goes forth to deceive all the hosts of the lost from Cain, the first murderer, to the last unrepentant sinner born into the world. He makes them believe that they can capture this holy city. When they are fully prepared, the earth shakes with the tramp of the vast host and, as they surround the city, the end of the drama comes. "And when the thousand years are expired, Satan shall be loosed out of his prison. And shall go out to deceive the nations (now raised from the dead) which are in the four quarters of the earth, Gog and Magog, to gather them to battle, the number of whom is as the sand of the sea. And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven and devoured them." Rev. 20:7-9. Nothing that we can do can prevent any one of us from being there at that time. Every son and daughter of Adam (Continued on page 18)

# Food Requirements

By E.

**I**N CONSIDERING the food requirements of the body, it is of interest to note the body's composition. The following table, compiled from various sources, gives definite information as to the elementary composition of the body, and also a comparison with the elements entering into the make-up of soil and wheat:

ELEMENT	PER CENT IN BODY	PER CENT IN EARTH	PER CENT IN WHEAT
Oxygen.....	66.00	49.85	47.48
Carbon.....	17.50	.19	41.69
Hydrogen.....	10.20	.97	6.70
Nitrogen.....	2.40	trace	2.22
Calcium.....	1.60	3.18	.05
Phosphorus.....	.90	trace	.42
Potassium.....	.40	2.33	.47
Sodium.....	.30	2.33	.04
Chlorine.....	.30	.20	.07
Sulphur.....	.20	trace	.18
Magnesium.....	.05	2.11	.13
Iron.....	.005	2.14	.005
Iodine.....	trace	trace	
Fluorine.....	trace	trace	
Other Elements.....	trace	1.00 <sup>(b)</sup>	?
Silicon.....		26.03	.019
Aluminum.....		7.28	
Titanium.....		.41	

<sup>(b)</sup>Includes about seventy other elements.

The foregoing table is of interest from several view-points. First, it shows that all the constituents of the body are in the soil. "Dust thou art, and unto dust shalt thou return," is thus clearly evident. Second, the possibility for bread to act as "the staff of life" is made plainer when one compares the figures in the third column with those in the first. Third, the number of elements entering into the human body is shown to be small. Fourth, these elements are the most common, and not the rare ones.

The body is made up of the food that is eaten. It is unlike any machine, in that while it is wearing out in work, it is constantly rebuilding itself. It is like a stove or an engine in that it produces energy in the form of heat or work, yet quite different when its power to build its own structure is considered.

In taking up the uses of food in the body, it will be helpful to classify foodstuffs as to their use in the organism. The following is such a classification:

1. Tissue-building Materials; Protein.
2. Fuel Foods, or those which yield energy; Fats, Carbohydrates.
3. Body Regulators; Mineral Salts, Vitamins, Cellulose, Water, Oxygen.

Each of these classes will now be discussed as to the amount needed and its value to the organism.

## Protein, the Tissue Builder

The foods yielding protein may be divided roughly into four classes:

1. Those rich in protein, such as gluten of wheat, lean beef, and white of egg.
2. Those moderately rich in protein, such as peas, beans, lentils, and nuts.
3. Those yielding a fair amount, such as cereals and bread.

4. Those low in protein, such as vegetables and fruits.

Protein is the tissue builder of the body; but the actual amount of tissue built new each day is very small, therefore need for a large supply of protein for this purpose is not apparent. Protein not only supplies tissue-building material, but it can supply also heat and energy in a manner similar to that of the other classes of food elements, fats and carbohydrates. One ounce of protein yields 114 calories of energy. The excess of protein eaten may be used in this way, as there is no storage of this material in the body. Still, to use this kind of fuel takes more work on the part of the body as a whole, as the nitrogenous waste must be eliminated by the kidneys. Some one has said that burning protein in the body in large amounts to get energy is like burning coal in a wood stove; it burns out the grate and thus results in injury.

One can see, then, that protein is needed to keep the tissues in good repair, but that most of the heat and energy is better obtained from the food elements designed for that specific purpose—fat and carbohydrate.

The Chittenden standard of diet allows about 10-12% of the total fuel value in the form of protein. On the basis of 2,500 total calories a day, 250-300 calories of protein would be required. This is equal to about two and one half ounces of actual dry protein. This amount is thought by some to be low, but tests have proved it to be ample for good nourishment and efficiency in doing work.

## Fuel Foods

The fuel foods are those which give heat and energy in the body. Protein can do this, but fat and carbohydrate are the best fuel foods.

Fats are derived from both the vegetable and the animal kingdom. As examples of those from the vegetable kingdom which are suitable for foods, the following may be given:

Coconuts.....	68%
Peanuts.....	39%
Olives.....	25%
Cottonseed.....	20%
Oatmeal.....	6%
Corn.....	4%

Examples of fat from the animal kingdom:

Butter.....	85%
Cheese.....	30%
Cream.....	20%
Eggs.....	11%
Milk.....	4%



The

# Parts of the Body

M.D.

*Foods according to their food according to their use by their readers to test their diet seeking health through some way need to do is to look to their of protein; or it may be that of salts or vitamins. A well and make life happy and great value.*

Carbohydrate, each ounce furnishing about 256 calories of energy.

Fat supplies about 20-30% of the total calories of energy of a well balanced dietary. On the basis of 2,500 total calories a day, some two and one half to three ounces of actual fat would be required to give the fuel value needed for the day from this source.

Certain fats are of special importance, since they contain vitamins of the fat soluble type. This is particularly true of milk, cream, and butter.

The carbohydrates are the best fuel foods. They furnish ordinarily 60-65% of the total fuel value of the food. Each ounce of pure carbohydrate furnishes about 114 calories of energy. This caloric yield is equal to that of protein; but carbohydrate can not build tissue, as does the protein.

The dietary should supply thirteen to sixteen ounces of carbohydrate daily, mostly in the form of starches and extrins. Some sugars also are of great value to the body. This is notably true of the sugar of milk during the growth period. This sugar is essential in the building up of the nervous system. In feeding children artificially, using prepared foods with too little milk, the nutrition will be interfered with; and thus the child will be less resistant to disease. The sugar of milk, however, is only one of its factors; there are other nutrient principles in milk which are of special value to the growing body.

## Body Regulators

Mineral salts or ash of food, although eaten in very minute quantities, are as necessary to proper nourishment as are the more abundant constituents of the dietary. These salts are essential in the preparation of the digestive juices; in maintaining the function of the blood, such as the carrying of oxygen to the tissues; and in the maintenance of alkalinity, thus protecting against undue acid accumulation; also in the carrying of carbon dioxide by the blood; in connection with the activities of numerous glands of

the body, such as the thyroid; and in a hundred other ways.

Iron, although present in the body in very small amount, not more than enough to make a sixpenny nail, is the element which makes possible the carrying of oxygen to the tissues—the draft,

Iodine is another inorganic element of much interest. Although found in the body in exceedingly small amounts, yet it is the active chemical agency of the thyroid gland, which is to the body what the battery is to an automobile. Lack of sufficient iodine in the dietary causes a disturbance of the thyroid gland which often results in goiter. This is especially the cause of goiter in young persons. Beginning goiter of this kind can often be corrected by giving foods that contain iodine; or in their absence, minute amounts of sodium iodide may be given in the table salt or as a medicine.

Each of the inorganic elements might be mentioned in turn, with its function; but space will not permit. It is important, however, so to select the food that each of these elements shall be present. Liberal supplies of natural foods should be included in the dietary, particularly entire grains, fresh fruits and vegetables, greens, and nuts. Milk is very rich in phosphorus and lime, but very low in iron.

## Vitamins

Vitamins also are essential to the best nutrition of the animal body. Their value has been demonstrated by feeding experiments. Thus far, five classes have been found in foods. A brief summary of their functions will be given, so that the reader may get a better understanding of their usefulness in nutrition.

1. Fat soluble A is a vitamin that favours growth and nutrition. When it is wanting in the dietary of an animal, the nutrition of the eyes is impaired, the lids becoming scaly and rough, and the animal does not grow well. This condition of the eyes is the origin of the name "antixerophthalmic vitamin."

2. Water soluble B vitamin has to do with the nutrition of the nervous system. When an animal is deprived of this essential, he gradually develops neuritis. Such a condition is common in Oriental countries, and is called beriberi. It is a serious disease, and often results fatally.

3. Vitamin C is a protective against scurvy. This disease was formerly very prevalent among men who went on long sea voyages, using sea biscuit and salt pork as their chief foods. It is characterized by irritation of the digestive tract, hemorrhages from various parts of the body, joint involvement, and a generally run-down condition. Fresh fruit and vegetables were early observed to be curative, but the real problem involved was not fully understood until very recent times. At present, few cases of scurvy occur among adults; but a similar condition in infants, called infantile scurvy, is not uncommon in children who are fed artificially. Babies can be protected against this ailment by the use of such foods as orange juice, tomato juice, and spinach juice.



life

4. Vitamin D, also called the antirachitic vitamin, is believed to be a protective against rickets. Formerly it was thought to be present in vitamin A, but recent investigation indicates that A and D are distinct and separate one from the other. This vitamin has been shown to be present in milk; hence the added value of good milk in the dietary of infants and children. Cod-liver oil also is rich in vitamin D.

Cellulose, or woody fiber, although not essential in the sense that proteins, salts, and vitamins are, yet is of decided value in maintaining intestinal motility. The woody fiber of vegetables, grains, etc., not being digested, acts as ballast, and thus gives stimulus to intestinal movements. One very successful cure for chronic constipation is the use of one and one half to three pounds of fresh fruit and vegetables daily. A part of the beneficial effect of this program is due to the roughage, as it is called, and another part to the acids and salts present in such foods. The modern use of bran in the treatment of constipation depends upon the presence of the high percentage of undigestible cellulose. In the case of an irri-

table intestinal tract, it is possible to overdo the use of such coarse materials; therefore they should be used with judgment in such cases.

Oxygen is needed in the form of pure, fresh air in liberal quantities. Adequate ventilation and as much outdoor life as possible are factors which mean much in the maintenance of health. Sleeping out of doors at night is a very valuable habit to acquire, as the breathing of cold air increases the amount of oxygen the blood will take up.

Water, the vehicle by which practically all the processes of the body are carried out, should be taken in generous amounts. Most people drink too little water. The average normal person needs from five to eight glasses a day, aside from that in his food. It is best taken between meals. If any beverage is taken with the meal, it should not be used to wash down the food; for this practice minimizes the chewing, thus lessening the action of the saliva on starch.

Water does not yield calories or energy to the body, but it favours the chemical process in the body by which energy is produced.

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## The Medicine of the Sun

THE sun has ever exerted a profound influence on mankind. It was the first object of idolatrous worship. To the race in its childhood the sun was a god. In the old mythologies the sun was personified and given human attributes. For the most part the conceptions of the Greeks and Romans prevailed and the sun was believed to be the chariot wheel of a vehicle driven by the sun-god Phæbus Apollo.

In Holy Writ the sun is a prominent factor. The psalmist of Israel sang of the heavens as a tabernacle of the sun and likened God Himself to the everlasting light of the sun. Science has corrected many false impressions and the sun can no longer be regarded with superstitious awe and reverence, yet it remains man's greatest health benefactor. Light is the life of man.

It is a truism that the obvious is frequently neglected. The sun bath was employed by the Romans to a limited extent, yet the writings of the elder Pliny contained this exalted tribute "*Sol est remediorum maximum.*"

The fathers of medicine had some knowledge of its healing virtues. In the medical awakening of the nineteenth century, light received the last consideration, and yet it was always common knowledge that all forms of life sought it and were quickened by it, that the plant bended its stalk and turned its leaf toward it, that the infirm animal crawled out of its dark hole into its healing warmth. Man's regard for the sun has hitherto been a matter of instinct rather than reason.

### Scientists Slow to Study Light

In the later part of the seventeenth century, Sir Isaac Newton discovered the composite charac-

ter of light by dividing a beam of sunlight into seven different coloured lights. While this was a most masterly achievement, yet nearly a century and a half passed before further progress was made. The next great advance in the study of light rays was made in 1831, when Michael Faraday discovered electromagnetic induction and produced a current of electricity of sufficient tension to make further discoveries possible.

Half a century later, Sir William Crookes exhausted a vacuum tube to a degree of rarity capable of demonstrating a very remarkable form of light, when excited by means of Faraday's electromagnetic induction coil. In 1891, Heinrich Hertz, the discoverer of the radio waves, described some experiments from which he concluded that some form of energy actually passed through the wall of the vacuum tube.

Four years later, William Conrad Roentgen repeated these experiments, but with one addition. He covered the tube over with black cardboard, and when objects fluoresced in the surrounding darkness, he realized that he was dealing with a new form of energy or light which penetrated opaque bodies. A new era in the development of light began; it extended man's vision into the inmost recesses of the body and furnished him with a valuable remedy for the treatment of a variety of diseases.

In 1896, stimulated by Roentgen's discovery, Henri Becquerel, physicist in the University of Paris, undertook an investigation of fluorescence in minerals. He accidentally left some uranium salts upon a photographic plate and later, upon developing the plate, found that its coverings had been penetrated. He at once announced that he

had discovered in uranium salts a radio-activity akin to the roentgen ray.

The dry plate, therefore, discovered radio-activity, and also (an eminent authority has it) the roentgen ray. It has been claimed that Roentgen left his keys upon a photographic plate in his laboratory while he was conducting his famous experiments, and that the shadow of these keys upon the developed plate led to the great discovery.

#### Radium Was Successfully Isolated

Eminent chemical talent was now necessary for the most drastic scientific undertaking, that of isolating the hidden radiative mystery. Becquerel did well when he committed the task to Pierre and Marie Curie, the most brilliant chemists in the great university. For two years, poorly equipped and almost without means, they laboured in an old neglected building on Rue St. Jacques. The fall of 1898 witnessed their successful isolation of radium and the announcement of the greatest scientific discovery of the ages. It has since come into use in the treatment of a variety of human ills, chief of which is that scourge, cancer.

The same year that Becquerel announced his discovery, Niels Finsen, a Scandinavian genius, published a series of authentic records of cures of lupus (commonly known as tuberculosis of the skin), by the use of modified sunlight. This was the first scientific attempt to apply the sun in the treatment of human ailments. It became permanent. An institution was established which has continued to increase in its efficiency and capacity.

In 1903, Dr. Augustus Rollier went into the Swiss Alps to the small mountain settlement of Leysin and there began the treatment of deep surgical tuberculosis with the unaided sun. This medical venture also endured and has become a well established institution of large and increasing proportions. Both Finsen and Rollier have attracted the attention of the entire medical world because of the scientific nature and the excellent results of their work.—By Frederick Bryant, M.D.

(To Be Continued)

#### More Sunlight and Soap—Less Germs

Soap and hot water is to the germ population what a disastrous tornado is to a community of humans. Of course it isn't practical to flush the intestinal system or the mouth and throat with hot soap suds. On the other hand, the germs would get inside the body much more seldom if a reasonably strong solution of soap, water and elbow grease were vigorously applied to hands, dishes, clothing, floors and other washable things that frequently come into contact with people.

Sunlight and fire are the two most deadly enemies of germs. Most of the disease producing germs are tiny vegetable or plant organisms. Like every other living thing their lives depend upon a suitable combination of moisture and warmth. Direct sunlight for a few minutes is to a germ what a few hot days are to a stalk of corn in a dry soil.—Illinois State Department of Health.

## The "Standing Army" of the Body

(Continued from November)

These tiny "soldiers" of yours sacrifice their lives by countless millions in your defense. What we call "pus" is a mass of these dead white corpuscles being thrown off, with the bodies of their germ enemies, visible evidence of the battle.

Suppose, now, the leucocyte soldiers (also sometimes called *phagocytes*) are unsuccessful in their mass formation, and the enemy breaks through, passing into the blood stream and so throughout the body. That looks as if the fight were over. But no; nature has other means of defense. The war is now in your own country, so to speak, and generalized. You are worse off than before; the battle may be very severe, the toxins poured into the blood, dulling the senses, affecting the heart action, causing fever and its accompanying distress. The organs that carry off waste products are overworked; the body may be in a dangerously poisoned condition. But your army is far from giving up. The life force rallies all your reinforcements. Your defensive mechanism gets to work and produces chemical substances called "opsonins" and launches what may be likened to a gas attack, which puts the germs more in the power of the leucocytes. And your wonderful body has still another means of defense. It manufactures "antibodies" or "antitoxin" which neutralizes the specific toxin of the germ causing the disease,—a different antitoxin for each disease. These substances neutralize the disease poison much as, in organic chemistry, for example, sodium and chlorine, each a poison by itself, when brought together neutralize each other and form a harmless compound, common table salt.

This faculty of the animal body to produce a specific antitoxin against different disease poisons, once discovered, afforded a splendid addition to modern medicine. For example, a healthy horse is infected with diphtheria, and his blood produces sufficient diphtheria antitoxin to overcome it, that is, to render him immune to that disease. When his blood is well charged with this antitoxin, some of the serum of his blood is taken, and, properly prepared, is administered to a person threatened by or infected with diphtheria, and,—you all know the result. The patient's immunity to diphtheria is raised; the attack is warded off or the symptoms clear up,—if the antitoxin is given in time. By the Schick test, another valuable addition to modern life-saving science, it is possible to determine the degree of susceptibility of any individual to diphtheria, and, with this antitoxin, to raise his immunity so that it is impossible for the disease to develop in that individual.

Our knowledge of the body's system of defense and of the laws of immunity has put into our hands another weapon, or set of weapons, of great value in scientific medicine, the vaccines.

To understand how vaccines play a helpful part in the body's defense, let us go back to our story of the battle against invading disease germs. When we left, it looked as if the sides were pretty evenly matched. And in some cases that is what occurs. The acute stage is over without a decisive victory; and a more or less quiet, chronic stage of the trouble sets in. You are, perhaps, not especially sick or uncomfortable, but your strength is being sapped and your faculties are below par. The enemy lurks around, carrying on a mild, half-hearted campaign, and the leucocytes, having become tired, "stale," do not exert themselves in opposition. A good, extra spurt on their part, and the deadlock would be broken. The situation is something like the guerilla warfare that sometimes exists on our national borders, when an enemy merely raids a few of our farms, steals chickens or commits minor acts of annoyance, and we do not consider it occasion for serious fighting. But just let him kill any of our people, or do serious damage; let him show any fierceness of fight, and at once we arouse our national force, pounce on him and clear him out.

Now, remembering that it was the disease toxin produced by the germs which in the first place caused the body to rally its forces to the defense, you can understand that

the addition of more of the same disease poison will stimulate the lagging leucocytes to renewed activity. With this end in view, we take some of the active germs, either from the patient himself or elsewhere, and grow them in a culture medium, in which, of course, they produce their specific toxin. The bacteria are then killed, the toxin carefully prepared, and injected into the patient, whose opsonic index is at once raised, that is his leucocytes are whipped up to the extra effort which—sometimes—turns the fight in his favour. This treatment, as you may suppose, demands the services of a skilled physician; for in some cases the leucocytes may already be doing their best, and additional toxin would harm them, increasing their handicap. A whip to a tired or lazy horse will get your load up the hill; but a whip to a sick or exhausted horse may result in an effort that will ruin him.

These preparations of bacterial toxins, though they may and usually do cause temporary increase of symptoms, cannot cause the disease, because, as I have explained, they do not contain the living virus. In this sense, they are not true vaccines. They are called bacterial vaccines or "bacterins." The word "vaccine" meant, primarily, the virus of cow pox, used for vaccination against smallpox in man, the earliest of the protective inoculations which have been, perhaps, the greatest addition to preventive medicine yet discovered.

It is well known that, after recovery from certain diseases, the patient is immune to that disease for years. This is because the body, during the attack, produces so much of the specific antitoxin or antibodies that, no matter how many of the germs later reach him, they cannot live in his body. This is the purpose of vaccination. Inoculation with a disease virus taken from an animal which has just overcome a germ disease, produces in man only a very mild attack of that disease, so mild that it can hardly be considered an attack at all, because the germs, though living, are weakened, "attenuated," by their defeat in the animal's body, overcome by the animal's antitoxin. The human subject's body, however, meets the enemy by a good supply of the specific antibodies against that disease. The enemy is easily beaten and driven out—usually, symptoms are felt for a few days during the process—and the antibodies remain, a sure defense against further invasion by the same type of enemy.

The duration of immunity varies, as you know, for different diseases. Some diseases, such as pneumonia and diphtheria, leave the patient rather more than less susceptible to future attacks of that disease. Immunity to typhoid fever, induced by inoculation, lasts from six months to a year. Immunity to smallpox lasts seven years, usually much longer. This is explained by the fact that some antitoxins are readily absorbed in the body, while others are not.

It must be added that nature, which endows man with means of defense as complicated as his organism, has also given the germs special offensive and defensive powers. They not only produce the poisons already mentioned, but, doing their part in what I have compared to a gas attack, they throw out "aggressins" which, in turn, stupefy the white blood cells, rendering them less active. Besides, some of them can produce a resistant membrane around themselves and wall themselves in. They then dry up and go through a spore-forming stage in which they may live many years and be ready to break out and flourish again when from any cause your resistance is lowered. The warfare is, indeed, lifelong.

But have we not reason for encouragement and rejoicing that, though so much is yet to be learned, we are, in this age, gaining so much of that knowledge which is—or ought to be—power? The modern "medicine man" is not merely a distributor of pills and potions, but a general, directing the battle all along the line. He must know every detail of the offense and the defense, and be prepared with every timely reinforcement.

One of the best things about this new knowledge is that it has directed our efforts so largely toward prevention, which is better than cure. Think for a moment of mankind's triumph over yellow fever, smallpox, typhoid fever and gangrene. In the American Civil War, there were four deaths caused by germs to every one caused by bullets. In the recent World War, the deaths due to germs were

comparatively negligible. If the same proportion, four to one, had obtained, think what would have become of our young men!

Remember, that no warfare is won by a leader who *thinks himself defeated*. Instead of thinking how badly off you are, and how dreadful it all is, realize that the battle is, and ought to be, yours. Feelings of discouragement are themselves evidence of low vitality. Build it up, and your feelings will change.

One of the boldest, most faithful, and most powerful of the prophets of old, once got into a despondent frame of mind. He was weary of a long fight, and apparently defeated. He complained to the Lord that the enemy was too much for him. "I, even I only, am left, and they seek my life to destroy it!" Alone, there in hiding in the wilderness, he was told to look around. And his eyes were opened, and he saw the Lord's battalions. Shall not we, like Elijah, open our eyes, and see the battalions and powers at work for us; and take courage, and keep up the conflict? For in truth, the Almighty is Our Defense.

—W. F. Martin, M. D. in *American Good Health*.

## Menus for Children

THE following menus for children of different ages, suggested by the U. S. Department of Agriculture, contain all the foods needed for growth and proper development. We do not think the "beef stew" of the last menu is necessary. Purees of beans or peas would serve the same purpose:

### FOR CHILD OF TWO

*Breakfast:* Juice of  $\frac{1}{2}$  orange; whole-grain cereal mush; milk,  $\frac{2}{3}$  cup, or more if wanted; toast; butter.

*Dinner:* Coddled egg; baked potato; spinach; bread; butter; pulp of cooked prunes; cookie.

*Supper:* Milk,  $1\frac{1}{2}$  cups, or more if wanted; whole-wheat bread; butter.

### FOR CHILD OF FIVE

*Breakfast:* Baked apple; whole-grain cereal mush; milk,  $\frac{1}{2}$  pint, or more if wanted; bread; butter.

*Dinner:* Boiled potato; creamed codfish; string beans; bread; butter; cup custard; cookie.

*Supper:* Milk,  $\frac{1}{2}$  pint, or more if wanted; whole-wheat bread; date marmalade.

### FOR CHILD FROM EIGHT TO TEN

*Breakfast:* Berries; whole-grain cereal mush; milk,  $\frac{3}{4}$  pint, or more if wanted; bread; butter; sugar, 1 level tablespoon.

*Dinner:* Beef stew with potatoes and carrots or tomato; bread; butter; tapioca cream; ginger snaps.

*Supper:* Cream of lettuce soup; graham bread toasted; butter; honey or sirup; milk if wanted.

The mother should make a list of the foods her child eats to see if he gets the six different kinds of foods needed: milk, eggs, vegetables, fruit, cereals and butter or cream.

## White Bread a Sham

Sir William Arbuthnot Lane recently said: "White bread is not a food. It is a sham and is the source of physical degeneration, ill-health, and disease." Sir Harry Baldwin, Surgeon dentist to the King, also tells us that white bread in addition to being useless as a food, is actually harmful. Prominent men everywhere are lifting up their voices against the modern methods of preparing foods which instead of "refining" them leave them devitalized and demineralized, devoid of those elements necessary for the sustenance of the body. Eat whole-wheat bread which is really a "staff of life" and not the superfine white bread which has been well named "the crutch of Life."

# Health News and Views

## Liver Extracts for High Blood Pressure

The *Journal of the American Medical Association* has recently emphasized the good results being obtained by experiments with the use of liver extracts in reducing high blood pressure. Dr. W. J. MacDonald of Canada has been experimenting very successfully. He has been assisted by the chemists and physiologists who helped Banting with the isolation of insulin. Dr. H. H. Major of the University of Kansas School of Medicine is also experimenting successfully along the same lines. It is believed that results encourage the hope that an extract will be evolved that will be as valuable as insulin. The *Journal* comments:

"It is clear that the liver extracts do have a definite effect in lowering blood pressure. Their clinical value will depend not only on the securing of a stable and uniform extract, but also on the permanence of the fall in pressure and on its relation to other pathologic changes existing in the body."

## Iodized Salt

A subscriber asked recently whether ordinary salt contained iodine. The answer was that salt derived from the sea has a very small iodine content, but it is doubtful about inland salt. A recent article in *Good Health* states that much of the iodine naturally found in sea water is lost by methods of preparation. To meet this situation commercial firms have taken up the matter and are placing on the market "iodized salt" which looks no different and tastes the same as ordinary salt. The Morton Salt Co., Dept. 25, Chicago, Ill., U. S. A., offer to send a little book free to any who will write them for a sample.

It is interesting to note that the health departments of several cities in America where children especially are suffering from the lack of iodine have issued bulletins urging parents to use "iodized salt," especially between the ages of 11 and 16. Any abnormal enlargement of the thyroid glands in children is a note of warning and should have immediate attention. It has been demonstrated that this gland is easily and positively prevented from enlarging by taking "sodium iodid," a harmless salt.

## Panama Canal Zone Children

The splendid results being achieved in the Panama Canal Zone in the matter of the health of the school children is of special interest in India. The writer remembers well his first visit to that section. A more insanitary situation or more unhealthy conditions it would have been difficult to find anywhere in the world. Malaria and yellow fever were terrible scourges which made this section a terror. The French nation failed in their attempt to build the canal largely for this reason.

*Hygeia* for October has an article by Dr. C. P. Knight on the public school system of this region which proves conclusively that children can be kept physically fit even in a tropical environment, if the right kind of a policy is pursued.

Dr. Knight says, "Canal Zone children are given every advantage conducive to healthful living. Granted that a tropical climate is enervating this handicap is offset by the extraordinary facilities for keeping physically fit. There is a sort of governmental paternalism surrounding the "Zone" child. This begins with the unborn, and continues until the child is graduated from high school. Where except in the Canal Zone will one find such ideal environment? With its prenatal supervision, infant and preschool clinics, school hygiene, universal hospital treatment, pure water supply, perfectly screened houses, sanitary schools, swimming schools and playgrounds, all under government supervision, the Zone offers a healthful place for children second to none."

One prominent feature of the health programme is the careful medical examination at comparatively close intervals of all children by government specialists. The correction of defects is not left to the carelessness of the parents, but the parents are instructed where to take the child for medical attention.

The following health habits are particularly emphasized: milk drinking, eating green vegetables, and fruits, daily elimination baths, proper rest and exercise, personal cleanliness and neatness. Swimming is the choice exercise among the pupils which is quite natural since swimming should be the most popular sport in the tropics. It is said that almost every child above 5 years of age can swim.

Dr. Knight concludes: "The sunshine and fresh air, large open spaces, roomy and airy houses, immaculate cleanliness of streets and roads, neat public buildings with their green lawns—all suggest a feeling of well-being and physical fitness. The children are shining examples of this immaculate cleanliness, and of pep and animation. Here are brown-skinned slender youngsters; underneath the brown skin are healthy muscle and tissue. They have been made that way through an efficient method of health control."

## Causes of Death in England and Wales

According to recently published statistics, the following diseases are the principal causes of death in England and Wales. Of every one thousand deaths,

174 are from bronchitis, pneumonia, and other respiratory diseases.

168 are from diseases of the heart and circulation.

160 are from cancer and other malignant diseases.

100 are from diseases of the nervous system.

87 are from tuberculosis.

## Fighting Cancer

At the meeting of the Council of the British Empire Cancer Campaign, held in London recently, Lord Cave, the Lord Chancellor, gave some new and authentic figures on the prevalence of cancer in England and Wales. The growth in the number of cases had been steady from year to year: the number of deaths in 1922 was 46,093; in 1923, 48,668; and in 1924, 50,389.

This organization undertakes to assist hospitals which have made a special point of carrying on cancer research, providing funds and radium. It maintains an emanation depot at the Middlesex Hospital and an X-ray research department at St. Bartholomew's. Encouragement and financial help is extended to investigators all over the world. One important phase of the campaign is the collection of information as to the prevalence of cancer in all parts of the world, together with the conditions which accompany it and may possibly point to its cause.

The chemist and doctor, the world around, work hand in hand to-day on this great problem. The campaign to solve the question is well organized. It is to be hoped that within the half century we shall learn not only how to cure cancer, but how to prevent it. At present we are making little headway. The monster malady kills more people each year. Every seventh woman over forty-five still dies of cancer.

We know that cancer is a disease of civilization. Wild men and wild animals do not die of this horrible disease. We must find out just why. There are grounds for believing that cancer is due to the lowered resistance and prevented nutrition resulting from one or all of the following causes: meat-eating, constipation, coffee-drinking, denatured food, lack of raw foods rich in vitamins, living in the shade. A mild return to savagery offers the most hope.—*American Good Health*.

## Risk in Marriage with Person with Tuberculosis

THAT there is a real risk incurred by married persons afflicted with a tuberculous partner is brought out by recent investigation made by Dr. George Vali of Bucharest, Roumania. Dr. Vali investigated the life histories of a number of widows and widowers who lost their mates through tuberculosis.

The investigators found that between the ages of 30 and 40 the proportion of deaths from tuberculosis was nine times greater on the part of the husbands and wives of tuberculous persons than among the general married population. The fact that this excessive tuberculosis mortality was not due to feebleness of constitution was shown by the fact that their mortality from other causes was not above the normal.

It is certainly a significant fact that says Dr. Vali, that at a period of life which may be taken to correspond to recent widow-hood the tuberculosis mortality is eight or nine times above the normal. This knowledge should induce more prudence on the part of young persons in concluding marriage, he believes.

## The Security Pact—

(Continued from page 5)

all that had been found most efficacious during the Great War was left to be developed to the utmost.

To-day men under arms are more numerous than in 1914. Scientists have evolved explosives more powerful and gases more deadly than have ever before been used. Maritime nations are increasing the efficiency of their fleets, and without exception all countries are improving and multiplying their stocks of aeroplanes and flying equipment.

Take our own country, for instance. Only a few weeks ago the wonderful new battleship, H. M. S. "Nelson" was launched. Although details are kept secret, it is well known that this ship when completed will be the last word in naval construction. We are also building a sister ship, H. M. S. "Rodney."

Looking round the dockyards at Portsmouth some days ago we heard the clanging of hammers on steel plates and the burr of countless riveting machines. There on the slipway was the half-completed shell of a new cruiser, one of five that are now under construction. Within a few months all these will be taking the water and on completion will be among the most swift and powerful vessels afloat.

The XI is our latest and most amazing under-water craft. It is virtually the submarine battleship, so long the dream of our novelist prophets. Mounting several heavy guns, it displaces in all 3,500 tons, and yet can remain under water for two and a half days without coming to the surface.

For what purpose are all these armaments being prepared? For our protection? Certainly. Against whom? No one dare say; but it is as clear as the day that they are being constructed for some dreadful eventuality of the future.

And every man at Locarno knew it. Yet nothing was either said or done concerning general disarmament.

How can permanent peace be built by men with revolvers in their hip-pockets?

3. *The weakness of human nature.* This perhaps is the most potent factor of all. You could trust a well-balanced Christian gentleman with a rifle and a hundred rounds of cartridges and feel perfectly safe about it. You would not feel it necessary on this account to take out a life insurance policy or advise any of your friends to do so. But you would not feel nearly so safe if you knew that the same arms and ammunition were in the possession of an escaped convict.

From which it appears that the safe possession of arms depends upon the nature, the up-bringing, the training, the character, of the person who possesses them.

How about the human nature of the masses of Europe to-day? The cultured gentlemen who met at Locarno might well be trusted with battleships and aeroplanes, but is it the same with the millions for whom they professed to

speak? Have those millions developed in these past six years a loftier conception of the value of a human soul, a higher valuation of the person and property of their fellow-beings? Have they forgiven past wrongs and purged their hearts of bitterness and hatred?

We all know that the answer to these questions is in the negative. There has been no change at all among the masses of the nations represented at Locarno. Except where, here and there, some have been touched by the Gospel of Christ, they are all as subject to human passions as they ever were. Let some heartless newspaper proprietor preach to them the gospel of hate for seven days and all the Peace Pacts ever made could not withhold them from their brothers' blood.

How can permanent peace be built with debased human nature?

## The Inevitable

We presume that most of our readers will say, Well, then, if these arguments are sound, then we need not expect the present period of peace to be of long duration. As to time we have nothing to say, but upon principles we are very definite. The existence of wars, the preparation of armaments, and the persistence of the evil attributes of human nature make plain to us that the Pact of Locarno has been made but to be broken and that the world has not yet seen the last of war.

In this position we are supported by the outline of history recorded in the prophecies of the Bible. In that wonderful Book there is to be found the story of the world from its creation, through all its important vicissitudes, past our own day, on to the time when it will become the renewed, unspotted home of the redeemed of God. Referring clearly to this twentieth century, the prophecies make plain that after a world-wide movement for peace (Isa. 2) there will follow the most awful world catastrophe that has ever befallen mankind.

Says the prophecy: "And the sixth angel poured out his vial upon the great river Euphrates; and the water thereof was dried up, that the way of the kings of the east might be prepared. And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty. . . . And he gathered them together into a place called in the Hebrew tongue Armageddon." Rev. 16: 12-16.

This is the divine forecast of the closing events in the history of the world. The fulfilment of these words is yet future; therefore it would be foolish to build hopes too high upon the seemingly happy results of conferences and discussions between the Powers. Some day all such hopes will be dashed to the ground.

And this is not the counsel of pessimism; it is merely a facing of the facts as they are. Better that, surely, than try to make ourselves believe that the kingdom of God is here and then be painfully and abruptly disillusioned in the days to come.

Behind this cloud, too, is a silver lining. The close of earthly history means the opening of "that great day of God Almighty." Armageddon is but the precursor of divine intervention in human affairs, the signal for the descent of Jesus from the skies in all His glory.

So there is no need for us to fear the future. Conflicts may come, but the mind that is stayed on God will be kept in perfect peace. And in the last great war the Lord will protect His own. All who have accepted Jesus as their Saviour will be preserved to be citizens of God's sinless realm, the earth made new. Angels will gather them from amid the scenes of earthly strife and as "the Lord Himself shall descend from heaven with a shout, with the voice of the Archangel, and the trump of God" then we which are alive and remain shall be caught up in the clouds to meet the Lord in the air; and "so shall we ever be with the Lord." 1 Thess. 4: 16, 17.

That is the only way that permanent peace will ever them to this world. Peace within, truly, we may have at this moment, but peace without only when Jesus comes.



## The Babe of Bethlehem

Thou blessed Babe of Bethlehem!  
Whose life we love, whose name we laud;  
Thou Brother, through whose poverty,  
We have become the heirs of God;

Thou sorrowful, yet tempted man—  
Tempted in all things like as we,  
Treading with tender, human feet,  
The sharp, rough way of Calvary;

We do remember how, by Thee,  
The sick were healed, the halting led;  
How Thou didst take the little ones  
And pour Thy blessings on their head.

O holy child, about whose bed  
The virgin mother softly trod;  
Dead once, yet living evermore,  
O Son of Mary, and of God!

If any act that we can do,  
If any thought of ours is right,  
If any prayer we lift to Thee,  
May find acceptance in Thy sight,

Hear us, and give to us, to-day,  
In answer to our earnest cries,  
Some portion of that sacred love  
That drew Thee to us from the skies!

—Phoebe Cary.

## While Shepherds Watched

By Walter Leslie Emerson

**C**HRISTMAS is here again and with it those precious memories of Bethlehem, of that wonderful prophecy, "Unto us a Child is born, unto us a Son is given," and of that little Babe "wrapped in swaddling clothes, lying in a manger." Not that these thoughts come only at Christmas, for they should be indelibly imprinted on the hearts of all who love the Lord Jesus, but they are specially brought before us at this happy season of the year.

There is one incident in connection with this humble birth of our Lord which has a special lesson for us in these days. "There were in the same country," we read, "shepherds abiding in the field, keeping watch over their flock by night." Luke 2:8. Simple, humble people they were, sitting out through the long night hours when all others were at rest, watching at the post of duty. They were of no great renown; probably they were quite unknown outside their own little village. They held no high office in the land; they had no great possessions; they were just shepherds tending their sheep. But what an experience was theirs! Let us read further.

"And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them." What a sight! No wonder, mortal as they were, that they became "sore afraid." But there was no cause for fear. The angel spoke. "Fear not," he said, "for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; ye shall find the babe wrapped in swaddling clothes, lying in a manger." Verses 10-12. What a privilege was bestowed on these men! It did not come to the chief priest or to the Sanhedrin or to those in authority. To a few humble shepherds came this great honour. Then "suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men." Vs. 13, 14.

Have you ever tried to picture that scene? Do you know what just one angel looks like? Daniel saw Gabriel and this is how he describes him: "Then I lifted up mine

eyes, and looked, and behold a certain man clothed in linen whose loins were girded with fine gold of Uphaz: his body also was like the beryl, and his face as the appearance of lightning, and his eyes as lamps of fire, and his arms and his feet like in colour to polished brass." Dan. 10: 5, 6. If one angel had this glorious appearance, what must have been the sight of a host of such angels? Daniel says of the angel whom he saw that "the voice of his words" was "like the voice of a multitude." What a choir must have been a host of such glorious beings! Never before had mortal ears heard such a glory song.

Suppose, now, that on this particular night, the shepherds had not gone on duty; suppose they had left their work or that they had slept on watch. What then? They would have missed that sight; they would not have heard that heavenly song. But no, they were there in the right place at the right time and the privilege was theirs.

This story has a special lesson for us in these days. Have you ever wished you could have seen that angelic host and heard that heavenly choir? Do you know, dear children, that you may have the opportunity of seeing an even more wonderful sight than the one seen by those Judean shepherds? Listen! That same Jesus, whose first advent was heralded by such a mighty host, is coming again, not this time as a little babe in swaddling clothes, but as King of kings and Lord of lords. And how will He come? "The Son of man shall come in the glory of His Father." Matt. 16:27. "The Son of man shall come in His glory, and all the holy angels with Him." Matt. 25: 31.

Combine, now, the glory of the Father, the glory of the Son and the glory of all the holy angels. *That is the scene which lies just a little way ahead of us.* What a prospect! It will be the climax of the ages. On the night when our Saviour was born, the message of peace was brought to the world, but it was refused. "He came to His own, and His own received Him not." John 1: 11. Only a remnant followed Him, but that message of reconciliation has since been sounding throughout the world. Whosoever would, has been able to claim that promise and millions have fallen asleep in Jesus to wait a little season until the promised peace should come. When the Lord Jesus Christ comes again it will be to fulfil that blessed promise to His waiting children. Some will be waiting in the grave; others will be living and waiting. Both will be caught up to meet the Lord in the air to be "for ever with the Lord." Strife will give place to peace and when the heavens and the earth are purified there truly will be "peace on earth, good will toward men."

But suppose that when this event happens we, instead of being where God would have us, are elsewhere, eating and drinking, absorbed with the pleasures or cares of this life? Suppose it finds us unprepared, or spiritually asleep. What then? The glorious appearing will not await our convenience. It will come bringing its message of peace, joy and salvation. But what of us? It will be infinitely more serious than if those shepherds had slept. Like the five wise virgins, those who are ready will joyfully go out to meet their Lord and enter in with Him, and then—the door will close. Shall we not learn the lesson of the night when the shepherds watched their flocks? Let us heed our Saviour's warning, "Watch therefore: for ye know not what hour your Lord doth come." Matt. 24:42. "Lest coming suddenly He find you sleeping. And what I say unto you I say unto all, Watch." Mark 13: 36, 37.

Christ is not coming specially for the great men of the world. Just as they were humble shepherds who received the welcome message from the heavenly host, so in the coming day, it will be the humble who will welcome the advent of their King. May our children readers be among that happy throng who will have brought to them at that time the glad tidings of peace and joy for evermore.

❧

"Then were brought unto Him little children, that He should put His hands on them, and pray; and the disciples rebuked them. But Jesus said, Suffer little children, and forbid them not, to come unto me; for of such is the kingdom of heaven. And He laid His hands on them and departed thence."

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WE have come to the end of the first year of the New Series of our combined Magazine *The Oriental Watchman and Herald of Health*. The response of the public in subscriptions has been most encouraging. *The Oriental Watchman* was started in the last decade of the nineteenth century and was a welcome visitor for many years in many homes in India, until its temporary suspension during the stress of the Great War. We are happy in the hearty welcome that has been given its reappearance. Plans are under way for making it larger and better than ever in 1926. If your subscription expires with this number do not delay in renewing as our list is growing rapidly, and it is difficult to supply back numbers.

More than ever before in history is it necessary to look out upon the world from the perspective of prophecy and the purpose of God. We need to lift the confused turmoil of daily happenings into the light of the "Day of the Lord" in which all days end, and, without despair, fix our faith on the certainty of the eventual triumph of the principles of good.

In our health department we plan to present matter that will help our readers to attain that happy state of a "sound mind in a sound body." We turn our faces towards 1926 with hope and courage and pledge our best service to our many thousands of readers.

## The Last Warning Message

(Continued from page 8)

exhortation, to fear God and not man, to glorify God alone and not man-made institutions, and to worship only the Creator of all things. The special way which God has ordained that He should be worshipped as Creator is the observance of the fourth commandment of the Decalogue. Many who profess to be God's followers will reject this message thus bringing about the fall of spiritual Babylon. Then the true saints will be called to come out and be separate. Rev. 18:4-13.

The result of the proclamation of this great threefold Message is the gathering into one fold throughout the world of a company of believing, commandment-keeping people, who will meet Jesus in peace when He returns. They are gathered in the first harvest into the heavenly garner. All others are gathered in the second harvest and go into the winepress of the wrath of God.

We believe that this day this scripture is in process of fulfilment. In the midst of the darkness, apostasy and confusion of these last days, God Himself is raising up

a people who stand before the world for the immutability of the law of God, for the inspiration of every portion of the Holy Scriptures, for the certainty of the fulfilment of every prediction of the "sure word of prophecy," and for the proclamation into all the world that the hour of God's judgment has come, and that it is now high time to prepare for the return of our Lord.

THE ORIENTAL WATCHMAN represents the people who are preaching this message in India. In our study of that most important of all Bible prophecies, the 2300 days of Dan. 8:13, 14, we learned that the second and last phase of the work of our Lord in heaven began in 1844 A. D. For more than eighty years this work has been in progress. No one knows the hour when it will close. At that time "two shall be sleeping in one bed; the one will be taken and the other left;" "two women shall be grinding at the mill, one shall be taken and the other left." At the same time this work is going on in heaven, the last message is being preached on earth. Let us therefore be ready so that that day will not take us unawares. This great threefold message is pressing on rapidly into all the world. When it shall have accomplished its work then will the end come. During 1926 we continue these prophetic studies which will be of greatest interest to our readers.

## Events of the Day of the Lord

(Continued from page 9)

and Eve will be there, the saved inside the city, the lost outside. Those inside the city are clothed with a glad immortality; those without the city are eternally lost—and in sight of what might have been their eternal home!

But they are stopped in their mad project of trying to take by force what they have failed to obtain in God's way. God causes the entire story of the great conflict, from creation's dawn to the end of time, to pass before them as on a picture film. Every act of every person has been faithfully recorded by God, and is now re-enacted so that each one may see just the part he has played in the drama. "And I saw a great white throne, and Him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead small and great stand before God; and the books were opened, and another book was opened, which is the book of life; and the dead were judged out of those things which were written in the books according to their works. And the sea gave up the dead that were in it; and death and hell delivered up the dead that were in them; and they were judged every man according to their works. And death and hell were cast into the lake of fire. This is the second death. And whosoever was not found written in the book of life was cast into the lake of fire." Rev. 20: 11-15.

Thus closes the great controversy; thus ends Satan, his angels, and all the finally impenitent. When these fires shall have completed their purifying work, every creature remaining in the new heavens and the new earth, from the tiniest to the greatest, unite in swelling the one psalm of praise and glory to God the Father. "And every creature which is in heaven and on the earth, and under the earth, and such as are in the sea, and all that are in them, heard I saying, Blessing and honour, and glory, and power, be unto Him that sitteth upon the throne, and unto the Lamb for ever and ever." Rev. 5: 13.

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*Cloth Binding Price 5-8-0*

Oriental Watchman Publishing Assn., Post Box 35, Poona.

*Please say, "I saw it in the Oriental Watchman."*

## "Unto Us a Child Is Born"

**N**EVER was there greater need than to-day for the sweet message brought by the angels to Bethlehem nearly two thousand years ago.

Man has built up a magnificent civilization; modern progress and advancement in learning have done much to make life more pleasant and comfortable. And yet man is not happy. The human family finds itself in the grip of unseen forces which it can neither understand nor control. If we look abroad among the nations we find no prospect of permanent peace. These nations talk peace but prepare for war. Armed with the most deadly weapons of destruction ever known, and moved by age-long suspicions and jealousies, their only hope seems to be that of postponing as far as possible into the future the evil day of universal war and chaos. Bitter discontent and racial animosity are adding to the perplexities of the present hour. And, saddest of all, the restraints of religion are being cast off both in so-called Christian lands, and in non-Christian lands. The foundations of the ancient faiths are being undermined. The moral fabric that has hitherto held men to certain standards is disintegrating, and the outlook is most ominous.

Into the midst of these distressing conditions there shines out a star of hope. Once again at Christmas time the weary world turns its heart towards that wondrous scene which the humble shepherds saw nearly two thousand years ago. Once again the angelic host draw near to earth and our hearts catch the echo of the song, "the good tidings of great joy which shall be to all people." Heaven with its peace and everlasting joy opens and we hear again the song:

"Glory to God in the highest,  
And on earth peace among men  
in whom He is well pleased."

This Babe of Bethlehem alone can bring lasting peace either to the individual heart or to the warring world. He came out of the light and joy of heaven to bring peace to this world of woe. By His birth God came down and dwelt with us. By His humanity Jesus touched humanity, and by His divinity He laid hold of the throne of God. Through this vital touch life and power flows from that throne into every heart that will receive Him.

But there is no compulsion in the government of God. Force belongs to the kingdom of evil. Only by love can love be awakened. Love cannot be commanded, it must be wooed and won. And so the helpless Babe born in that Bethlehem manger becomes the symbol of the condescension of Almighty God as He strives to break the deceptive power of evil in the hearts of men and to set them free.

This manger and that cross upreared on Calvary Hill, have become the symbols to the world of the undying love which is stronger than all the strength of the greatest intellects, and mightier than all the might of the strongest nations of earth. In every century that manger and that cross have won multitudes of hearts and brought them out of the gloomy shadows back to the God of love and light. These symbols have not lost their ancient power and are just as strong to-day to do their appointed work. But it must be an individual matter. "Unto us a child is born; unto us a son is given." "In Jesus Christ the family of earth and the family of heaven are bound together. Christ glorified is our brother. Heaven is enshrined in humanity; and humanity is enfolded in the bosom of infinite love."



*"For behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day a Saviour, which is Christ, the Lord."*